

In the Claims:

The following is a complete listing of claims which replaces all prior versions and listings of claims in this application.

Claim 1 (canceled)

Claim 2 (canceled)

Claim 3 (canceled)

Claim 4 (canceled)

Claim 5 (canceled)

Claim 6 (canceled)

Claim 7 (canceled)

Claim 8 (canceled)

Claim 9 (canceled)

Claim 10 (canceled)

Claim 11 (canceled)

Claim 12 (canceled)

Claim 13 (currently amended) A method of using a ~~device according to claim 1~~ free standing or mountable apparatus for assessing psychological state and for marking a value associated with one or more events or experiences of an individual, the apparatus including,

a measurement device, the measurement device including a scale defining a range of values and a re-positionable indicator to mark a position on said scale;
and

a manual, the manual including instructions for the use of the device and the manual further including a written description of a series of events or experiences each of which is assigned a value associated with one or more of said events or experiences,

~~to measure the psychological state of an individual, the method comprising the steps of:~~

- a) setting said indicator to an initial position on said device.
- b) upon the individual experiencing an actual event or actual experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,
- c) determining the value for said event or experience based on the list of events or experiences in said manual,
- d) moving said indicator from said initial position based on the score for that event or experience thereby setting the indicator to a next position,
- e) upon the individual experiencing a subsequent actual event or experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,

- f) determining the value for said subsequent actual event or experience based on the list of events or experiences in said manual,
- g) moving said indicator from said next position to a new next position based on the score for that event or experience thereby setting the indicator to a new next position,
- h) repeating steps e) to g) over a period of time defined by said individual.

Claim 14 (original) The method according to claim 13 wherein the value selected is a qualitative value.

Claim 15 (original) The method according to claim 13 wherein the value selected is a quantitative value.

Claim 16 (currently amended) A method of using a ~~device according to claim 3~~ free standing or mountable apparatus for assessing psychological state and for marking a value associated with one or more events or experiences of an individual, the apparatus including,

a measurement device, the measurement device including a scale defining a range of values and a re-positionable indicator to mark a position on said scale and wherein said measurement device further includes a support means including said scale defining a range of values; and

a manual, the manual including instructions for the use of the device and the manual further including a written description of a series of events or experiences each of which is assigned a value associated with one or more of said events or experiences,

~~to measure the psychological state of an individual, wherein the method comprising the steps of:~~

[[i]] a) setting said indicator to an initial position on said device.

[[j]] b) upon the individual experiencing an actual event or actual experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,

[[k]] c) determining the value for said event or experience based on the list of events or experiences in said manual,

[[l]] d) moving said indicator from said initial position based on the score for that event or experience thereby setting the indicator to a next position,

[[m]] e) upon the individual experiencing a subsequent actual event or experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,

[[n]] f) determining the value for said subsequent actual event or experience based on the list of events or experiences in said manual,

[[o]] g) moving said indicator from said next position to a new next position based on the score for that event or experience thereby setting the indicator to a new next position,

[[p]] h) repeating steps e) to g) over a period of time defined by said individual.

Claim 17 (original) The method according to claim 16 wherein the value selected is a qualitative value.

Claim 18 (original) The method according to claim 16 wherein the value selected is a quantitative value.